

SOME PEOPLE ARE JUST BORN TO RUN

Royal Parks Half Marathon
16 week training plan for
advanced runners



TALK THE TALK

STRENGTH & CONDITIONING

These sessions mix short bursts of effort (like intervals) with circuit-style training using bodyweight, weights, or machines like the ski erg and echo bike. Everything is designed to support your running — helping you build endurance, recover faster, and feel stronger over any distance.

MOBILITY

These sessions use controlled, flowing movements to improve flexibility and range of motion. They help ease tightness, support recovery, and reduce the risk of injury — especially in the hips, ankles, knees, and spine.

STRENGTH

These sessions include full-body lifts like squats, deadlifts, and presses, as well as single-leg exercises to build balance and stability. Strength training helps improve posture, power, and running efficiency — while reducing the risk of injury in key areas like the hips, knees, and ankles.

EASY RUNS

During your easy runs, don't worry about targeting a certain pace. Just focus on keeping the run controlled, you should be able to maintain a conversation the entire time you are running.

STEADY RUNS

This pace should feel comfortable, but harder than your easy pace.

TEMPO RUNS

This pace should feel harder than your steady pace, but it is not an all out effort. You should be able to maintain this pace for around 30 minutes.

TARGET PACE

This is the pace you need to run to achieve a specific time during your race. For example, for a 2 hour half marathon you will need to run an average pace of 9.09 minute miles/5.41 minute km.

FARTLEK RUN

This workout is a continuous run where you vary your pace and effort throughout. We recommend alternating **2 minutes 30 seconds at your 5K pace** with **2 minutes 30 seconds at a steady, comfortable pace**. Keep switching between the two for the duration of your session.

LONG RUNS

The majority of your long runs should be at an easy, comfortable pace. If this is your first half marathon then just focus on time on feet rather than hitting a certain pace or distance goal.

PROGRESSION RUNS

These runs will start at an easy pace, and during the run you will get progressively faster until you reach your target race pace.

INTERVALS

These are the runs where you will really push yourself, aim for a pace that is similar to your 5k pace.

STRIDES

Aim for 3 x 20s strides at around 85-90% efforts. These are short bursts of faster running + help to improve your form and running economy.

WARM UP + COOL DOWN

Very easy paced run before + after a harder session.

Virgin
active

**WE'RE HERE
EVERY STEP
OF THE WAY**



Check out our training & recovery videos for runners

RUN THE RUN

Royal Parks Half Marathon

16 week training plan for advanced runners

	MON	TUES	WED	THUR	FRI	SAT	SUN
WEEK 01	EASY RUN 3 MILES	STRENGTH	WARM UP 10 MIN 8 X 1 MIN ON/OFF COOL DOWN 10 MIN	STRENGTH & CONDITIONING + STEADY RUN 5 MILES	REST	STEADY RUN 3 MILES	LONG RUN 6 MILES
WEEK 02	EASY RUN 3 MILES	STRENGTH	10 MIN EASY RUN 15 MIN TEMPO RUN 10 MIN EASY RUN	STRENGTH & CONDITIONING + STEADY RUN 5 MILES	REST	STEADY RUN 3 MILES	LONG RUN 8 MILES
WEEK 03	EASY RUN 4 MILES	STRENGTH	WARM UP 10 MIN 5 X 2 MIN ON /90s OFF COOL DOWN 10 MIN	STRENGTH & CONDITIONING + STEADY RUN 5 MILES	REST	STEADY RUN 4 MILES	LONG RUN 10 MILES
WEEK 04	EASY RUN 3 MILES	STRENGTH	WARM UP 10 MIN 2 X 10 MIN TEMPO RUN (3 MIN RECOVERY) COOL DOWN 10 MIN	STRENGTH & CONDITIONING + STEADY RUN 5 MILES	REST	LONG RUN 8 MILES	MOBILITY & FLEXIBILITY
WEEK 05	EASY RUN 5 MILES	STRENGTH	WARM UP 10 MIN FARTLEK 25 MIN COOL DOWN 10 MIN	STRENGTH & CONDITIONING + STEADY RUN 5 MILES	REST	WARM UP 10 MIN 3 MILES AT HM PACE (4 X 3 MIN EFFORT, 60s RECOVERY) COOL DOWN 10 MIN	LONG RUN 10 MILES
WEEK 06	EASY RUN 5 MILES	STRENGTH	WARM UP 10 MIN 5 X 3 MIN ON /60s OFF COOL DOWN 10 MIN	STRENGTH & CONDITIONING + STEADY RUN 5 MILES	REST	EASY RUN 5 MILES	EASY RUN 3 MILES 4 MILES AT HM PACE EASY RUN 3 MILES



GO AT YOUR OWN PACE

Scan to get personalised pacing for every run
on the Coopah run coach app

	MON	TUES	WED	THUR	FRI	SAT	SUN
WEEK 07	EASY RUN 6 MILES	STRENGTH	WARM UP 10 MIN 10 X 1 MIN ON/OFF COOL DOWN 10 MIN	STRENGTH & CONDITIONING + STEADY RUN 5 MILES	REST	PROGRESSION RUN 15 MIN BLOCKS	LONG RUN 12 MILES
WEEK 08	EASY RUN 4 MILES	STRENGTH	WARM UP 10 MIN 3 X 8 TEMPO RUN (3 MIN RECOVERY) COOL DOWN 10 MIN	STRENGTH & CONDITIONING + STEADY RUN 3 MILES	REST	LONG RUN 12 MILES	MOBILITY & FLEXIBILITY
WEEK 09	EASY RUN 6 MILES	STRENGTH	WARM UP 10 MIN 12 X 3 MIN ON/OFF COOL DOWN 10 MIN	STRENGTH & CONDITIONING + STEADY RUN 6 MILES	REST	EASY RUN 5 MILES	PROGRESSION RUN 5 MILES EASY, 5 MILES STEADY, 2 MILES EASY
WEEK 10	EASY RUN 7 MILES	STRENGTH	WARM UP 10 MIN 6 X 6 MIN TEMPO RUN (2 MIN RECOVERY) COOL DOWN 10 MIN	STRENGTH & CONDITIONING + STEADY RUN 6 MILES	REST	WARM UP 10 MIN 3 MILES AT HM PACE (4 X 3 MIN EFFORT/60s RECOVERY) 3 MILES AT HM PACE COOL DOWN 10 MIN	LONG RUN 10 MILES
WEEK 11	EASY RUN 7 MILES	STRENGTH	10 MIN EFFORT 7 X 5 MIN EFFORT COOL DOWN 10 MIN	STRENGTH & CONDITIONING + STEADY RUN 6 MILES	REST	WARM UP 10 MIN FARTLEK 30 MIN COOL DOWN 10 MIN	LONG RUN 12 MILES
WEEK 12	EASY RUN 3 MILES	STRENGTH	PROGRESSION RUN 15 MIN	STRENGTH & CONDITIONING + STEADY RUN 3 MILES	REST	LONG RUN 10 MILES	MOBILITY & FLEXIBILITY
WEEK 13	EASY RUN 4 MILES	STRENGTH	WARM UP 10 MIN FARTLEK 25 MIN COOL DOWN 10 MIN	STEADY RUN 5 MILES	REST	EASY RUN 5 MILES	EASY RUN 3 MILES 6 MILES AT HM PACE EASY RUN 3 MILES



MISSED A SESSION?

Download the Coopah run coach app to get automatic adjustments & updates to your plan

	MON	TUES	WED	THUR	FRI	SAT	SUN
WEEK 14	EASY RUN 4 MILES	STRENGTH	WARM UP 10 MIN 3 MILES AT HM PACE (4 X 3 MIN EFFORT, 60s RECOVERY) COOL DOWN 10 MIN	EASY RUN 5 MILES	REST	STEADY RUN 5 MILES	LONG RUN 10 MILES
WEEK 15	EASY RUN 3 MILES	STRENGTH	EASY TAPER 1 MILE 2 MILES AT TARGET PACE EASY RUN 2 MILES	STEADY RUN 3 MILES	REST	LONG RUN 8 MILES	MOBILITY & FLEXIBILITY
WEEK 16	EASY RUN 3 MILES	STRENGTH	STRIDES 30 MIN +	REST	REST	STRIDES 20 MIN +	RACE DAY, BABY



SO YOU'RE GETTING FASTER

Now let's figure out your progression plan

Scan to get started

DON'T SWEAT IT YOU'VE GOT THIS

We're here every
step of the way

